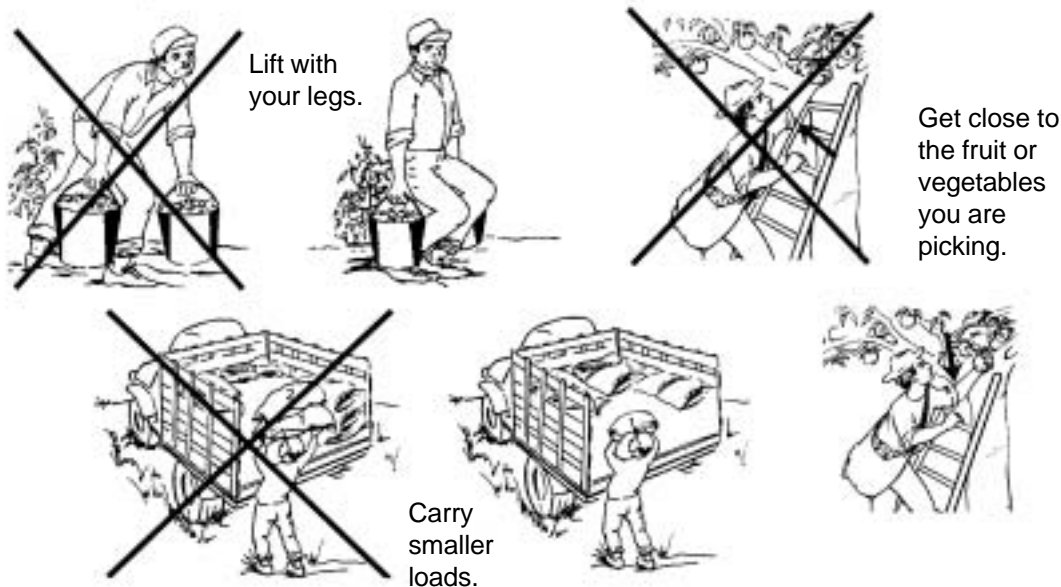
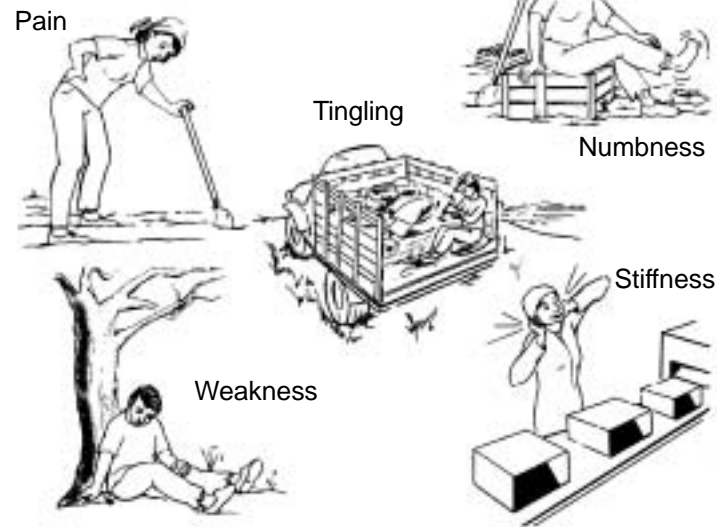


TIPS FOR A HEALTHY BACK

To keep your back healthy, try to:



This is what you may feel if you have hurt your back:

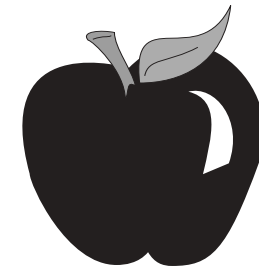


To help yourself or relieve back pain:



Back pain affects many of us and makes it difficult for us to work. Sometimes back pain may be caused by the work that we do. But there may be symptoms that let us know when our backs have been hurt and treatments to help us feel better.

If you need help to find a doctor or more information, please call:



Hotline for Migrant & Seasonal Farmworkers in Maine

8:00 a.m. - 4:30 p.m.

1-800-234-8848

ACKNOWLEDGMENTS

Produced by:

National Center for Farmworker Health, Inc.
P.O. Box 150009, Austin, Texas 78715
(512) 312-2700, (800) 531-5120

Prepared by:

Viola Gomez, Ed Hendrickson, Dr. Karen B. Mulloy, Dr. Jim Meyers, Tammy Brannen-Smith, Pam Tau Lee, Dr. Mary Lynn Thames, and Madge Vásquez

Translation: Carolina Derber Artwork: Inés Batlló
Funding for this project was made possible by the Southwest Center for Agricultural Health, Injury Prevention and Education & the National Institute for Occupational Safety and Health (NIOSH).

Adapted for Maine by Maine Department of Labor, Migrant & Immigrant Services Division.